

Lil' Hand Warmers

Finished Size: 4" x 4" (child) 4 ½" x 6" (adult)

Heat these little warmers up in the microwave and tuck them into your jacket pockets.

They will help keep your hands warm!

Supplies: Child

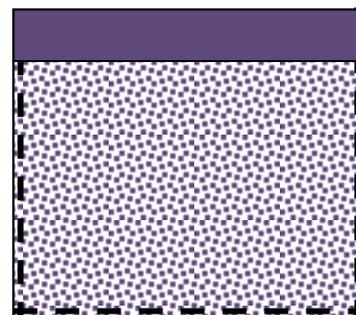
- ☛ (4) 4 ½" squares, flannel solid
- ☛ (2) 4 ½" x 7 ½", flannel print
- ☛ 1 cup of flax seed, or rice

Adult

- (4) 5" x 7"
- (2) 5" x 10 ½"
- 1½ - 2 cups of flax seed, or rice

Piecing

- ☛ Press the 2 rectangles in half width-wise, wrong sides together.
- ☛ Pin (1) of the pressed rectangles to the right side of (1) of the squares, aligning the bottom and sides. The folded edge will be free. Stay stitch with an 1/8" seam allowance.
- ☛ Pin a second square to the first, right sides together, sandwiching the rectangle between the 2 squares.
- ☛ Sew together using a ¼" seam allowance and leaving an opening at the top for turning right side out. Clip the corners, being careful not to clip any stitches.
- ☛ Turn right side out. Finger turn the opening under ¼". Press in place.
- ☛ Fill the pocket with ½ cup (generous ¾ c for adult size) of flax seed.
- ☛ Machine stitch the opening closed by stitching all the way across the top edge.
- ☛ Repeat to make the second warmer.



Note: It is a VERY good idea to double stitch these every step of the way. You don't want to have any little leaks! Also, do not over stuff the pouches or they won't fit into your jacket pockets.

Caution: DO NOT over heat! Warm hands are nice, but burned hands are not!!

Be especially mindful if you are heating these up for a small child!

Microwave times vary, so you will have to experiment to get the time and temperature that suits you best.